

INCREDIBLE EDIBLE IDAHO



IDAHO ONION FACTS:

Idaho ranks 4th in the nation in onion production
Southwest Idaho is famous for the Giant Spanish
sweet onions

25% of all U.S. onions come directly from the
Snake River Valley of Southwest Idaho and
Eastern Oregon.

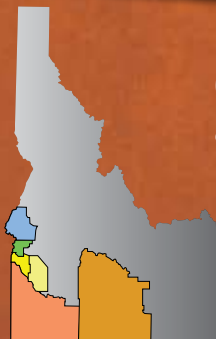
NUTRITION FACTS:

Onions are high in vitamin C.

Onions contain a flavonoid called "quercetin"
which protects against cataracts, cardiovascular
disease, and cancer

Onions may help lower blood pressure and
cholesterol

Onions are a source of fiber, vitamin B6, Folate
and Potassium



Canyon, Payette, Washington, Owyhee
and Ada, Magic Valley Area

